

Every Child Learning Every Day



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READY TO LEARN

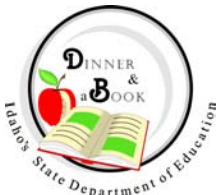
Spark curiosity with these fun books

By Dr. Stan Steiner

Summer offers many opportunities to learn about science and math in our natural world.

"Dinosnores," by Kelly DiPucchio and illustrated by Ponder Goembel, 2005, HarperCollins. Have you ever wondered if dinosaurs snored?

This rollicking picture book might provide a clue to this age-old question.



"When I Grow Up," by Colin McNaughton, 2005, Candlewick Press. What would you like to do when you grow up? In a playful format this book suggests some occupation options sure to spur more ideas among young readers.

"My Little Counting Book," by Roger Priddy, 2005, St. Martin's Press. From counting toes to toys, farm animals and more this board book has great pictures for beginning basic counting skills.

"The Complete Adventures of Curious George," by H.A. and Margaret Rey, 2001, Houghton Mifflin. Curious George has been entertaining generations of children. This bound volume set is great for any household or school setting.

"I Love Bugs," by Philemon Sturges, and illustrated by Shari Halpern, HarperCollins. Summer is a great time for observing bugs. This simple, yet descriptive book guides young entomologists to do their exploring.

Dr. Stan Steiner is the chairman of the Boise State University's Department of Literacy. He can be reached at (208) 426-3962 or stansteiner@boisestate.edu.

The law for toddlers? It's mine

Dear Reader:

I have a fun sheet of "toddler property laws" that I like to give parents of young children.

The "laws" are these:

1. If I like it, it's mine
2. If it's in my hand, it's mine
3. If I can take it from you, it's mine
4. If I had it a little while ago, it's mine
5. If it's mine, it must never appear to be yours in *any* way
6. If I'm doing or building something, *all* the pieces are mine
7. If it looks just like mine, it is mine.

The list usually elicits some chuckles and knowing nods, but it also raises questions about how to teach children to share.

As the toddler laws highlight, young children are selfish, and it is important to recognize that ten-



Dr. Marilyn Howard
Superintendent of Public Instruction

dency is natural, normal behavior. Very young children will not understand a discussion about the need to share. However, as children mature, adults will be able to

help them understand the concept of sharing.

One way to guide children's learning about sharing is to read books with a "sharing" theme. Most of the popular TV characters have books about sharing. Check with your local children's librarian for good books for preschoolers or search Amazon.com for suggestions.

Adults also should talk about opportunities to share in daily activities. Chances are good that if you visit a busy playground, sharing or taking turns will come up.

Parents also should help children recognize times when it is o.k. not to share.

We all want our children to becoming considerate and compassion adults and sharing is part of that.

SAFETY

New booster seat law began July 1 in Idaho

A new law requiring children age 6 and younger to be properly secured when riding in motor vehicles took effect July 1. Violation of the law will result in a \$69 fine to the driver.

Under the new law, children 6 years of age and younger must be properly secured in child safety seats or booster seats. Previously, Idaho's safety seat law applied only to children up to age 4. Idaho is the 28th state to adopt a booster seat law.

"This law will help protect more of Idaho's children — especially those age 4 to 6 — by requiring them to be in a booster seat," said Greg Fredericksen of the Idaho Transportation Department's Office of Traffic and Highway Safety.

"There's a critical time when kids have outgrown safety seats but are still too small to use seat belts alone.

Booster seats bridge this gap and protect kids in the event of a crash."

A booster seat elevates a child so a seat belt can fit correctly. Most seat belts are designed to protect an average-sized adult male.

Young children using only seat belts are at risk of injuries to the abdomen and spine, can be ejected from the vehicle and are four times more likely to suffer a serious head injury in a crash than if secured in a booster seat.

Nationally, motor vehicle crashes are the leading cause of death for children 4 to 7 years of age.

Between 2001 and 2003 in Idaho, nine children (ages 4 to 8) died and 73 were seriously injured in passenger vehicle crashes. Thirty-five of the injured children were unrestrained.

The National Highway Traffic Safety Administration (NHTSA)

recommends that all children should ride in safety or booster seats, using the following guidelines:

1. **Rear-facing infant seats** in the back seat from birth to at least 1 year old and less than 20 pounds.

2. **Forward-facing child safety seats** in the back seat from age 1 to about age 4, or 20 to 40 pounds.

3. **Booster seats in the back seat** from about age 4 to age 6 (as required by the new law), and possibly up to age 8, or taller than 4 feet 9 inches.

Children taller than 4 feet 9 inches may be big enough to wear seat belts alone.

All children 12 and younger, or less than 100 pounds, should ride in the back seat and never in front of an air bag.



RESOURCES

Program's income guidelines change

More Idaho families may be eligible for a special nutrition program that can help them save money, eat well and stay healthy.

Idaho's Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) implements new income guidelines effective July 1 that raised the household income eligibility limits.

At no cost to qualified families, WIC provides nutritious supplemental foods like milk, eggs, cheese, cereal, juice, beans and peanut butter. WIC services also include health screenings, nutrition counseling, breastfeeding information and support, help from registered dietitians and referrals to other services that may aid a family in need.

To be eligible for the WIC program, an individual must be a pregnant or breastfeeding woman; a woman who has recently been pregnant; or an infant or child under 5 years of age.

In addition, the individual must live in Idaho, have a special need that can be helped by WIC foods and nutrition counseling, and have a low-to-moderate income.

To be eligible on the basis of income, an applicant's gross income (i.e. before taxes are withheld) must fall at or below 185 percent of the U.S. Poverty Income Guidelines.

The new income guidelines are available at: <http://www.healthandwelfare.idaho.gov/> or call the Idaho CareLine at 211 or 1(800) 926-2588.

For information about WIC programs in your area contact the CareLine at 211.

NUTRITION

Strive for food group balance for young, old

All food groups are important especially for young children.

Vegetables supply them with vitamins A and C. Fruits provide significant amounts of vitamins A and C, potassium and fiber. Vegetables should be eaten every day because they are naturally low in fat, aid in reducing the overall fat in the diet, and provide necessary fiber.

Breads cereal, rice and pasta contribute complex carbohydrates for energy, fiber for regularity, and riboflavin, thiamin, niacin,



iron and magnesium for many important body functions. Remember whole grains are the best source of nutrients when using foods from this group. Try substituting brown rice for white rice when preparing a family favorite or when baking, instead of using all white flour, use ½ whole-wheat flour in your recipe.

Meat, poultry, fish, dry beans, eggs, and nuts furnish protein, phosphorus, vitamin B6 and B12, iron, and zinc. Protein is needed to build muscle, skin, hair, and blood. The B vitamins help young child's body better use protein to enhance the blood and muscle building action.

Milk, yogurt, and cheese are

the best sources of calcium. Be sure to include nonfat and low-fat dairy products in your young child's diet. Choosing higher fat milk products should be done sparingly since they will add significant fat to the diet.

Fats, oils, and sweets contribute sugar, fat and calories. Their consumption should be limited because they provide few nutrients for your child.

Remember to select a variety of foods from the vegetable, fruit, milk, grain, and meat groups and choose fats, oils, and sweets sparingly.

Strive for balance and moderation as the ultimate goals for a healthful diet for your young child.

SMART STARTS

Learning greetings helps build social skills

How we greet and respond to each other helps build the social skills and lay the foundation for responding to questions and inquiries.

Birth to 1 year

Use greetings with your baby such as "Good morning" and "How are you today?" as well as "Good Night." When you are away and return, greet your baby with "Hello, I'm happy to see you."

1 to 3 years old

Continue to use greetings

with your child and allow time for him/her to respond to your questions. Pretend to talk on the phone together. Encourage your child to say "thank you," when you give something to him/her.

3 to 5 years

Children at this stage can communicate their needs and are beginning to have true conversation skills. They are also able to respond to direct requests such as "put on your shoes." Help your child to answer questions in complete sentences as they get older,

rather than single one or two word responses.

Skills needed for kindergarten

Respond to greetings and questions from adults and other children appropriately. Follow two-step directions such as "Put on your shoes and then bring me your jacket."

Books and other resources

"Where's My Teddy?" by J. Alborough, "Goodnight Moon," by M.W. Brown, and "I Love You, Good Night," by J. Butler and S. Schade.

SERVICE

Child care providers sought to assist troops

Child care providers are sought to participate in a program for National Guard and Reserve members on home for leave.

Operation Child Care is a national program to provide at least four free hours of child care to National Reserve members who have returned from Iraq for a two-week leave period.

The child care allows ser-

vice members to take care of personal business, take a spouse out to dinner or enjoy other recreational activities.

Child providers interested in volunteering for this effort may call the Idaho CareLine at 2-1-1 or 1 (800) 926-2588 and ask for Sarah or Janice at the IdahoSTARS University of Idaho Administrative Office.

Only legally operating, licensed, or certified child care

providers are sought for the program.

In addition, the National 4-H Program will coordinate the voluntary services of trained 4-H members to provide evening baby-sitting services.

More information about this program, and other support for returning parents, is available online at: <http://www.childcareaware.org/en/operationchildcare/>